

Where Does All the Weight Go?

Breasts

1.1 lbs.

Placenta

1.6 lbs.

**Amniotic
fluid**

2.0 lbs.

Fetus

8.3 lbs.

Uterus

2.4 lbs.

Blood

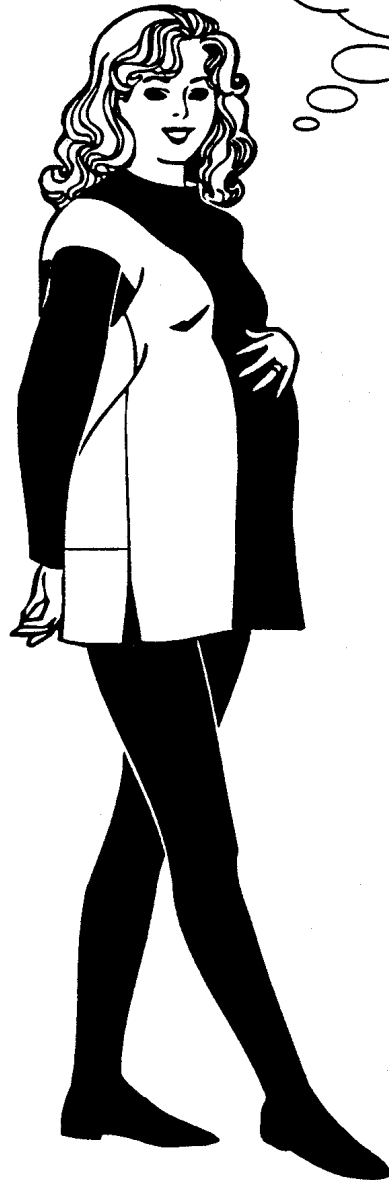
3.0 lbs.

**Other
fluid**

6.1 lbs.

Fat

8.5 lbs.



Am I having a baby
or a little
elephant?!

**It's true
that only
part of the
weight you
gain while
you're
pregnant is
the baby,
but the
rest of the
weight
helps the
baby grow!**

Total = 33.0 lbs.

Here's where the weight goes for a woman who gains 33 pounds.

(Women who are overweight or underweight prior to pregnancy may need to gain differently. It is always important to be under a doctor's care throughout a pregnancy)